

## **Marathon Health's Integrated Approach to Occupational Health, Workers Compensation, & Acute Care**

Marathon Health integrates Occupational Health, Workers Compensation, and acute care into their overall primary care model. Traditional care models by their nature tend to be transactional and fragmented and result in high costs for employers and poor outcomes and experience for patients. This is particularly troubling for first responders who may feel hesitant about reaching out for care due to cultural stigmas and the potential impact on their careers. In contrast, the integrated Marathon Health model is based on national best practices and building trusting relationships.

Marathon Health performs targeted outreach for wellness, screenings, and health promotions. They will partner with our organizational leaders and resource partners to make connections and referrals where applicable connecting occupational health services, EAP programs, Peer Support Groups, and other resources. They also screen for and address issues like heart disease, hypertension, and diabetes as well as mental health issues like anxiety, depression, PTSD, and secondary trauma. They build positive relationships that translate into effective engagement, better care outcomes, and lower costs.

So, for example, if a member has a scheduled Occupational Health visit or Work Comp injury visit, Marathon Health will take the opportunity to ask about the members overall health and, where appropriate, offer immediately to schedule another visit right back at the health center to address issues that may have been discovered during the appointment. That's very different from traditional models where the Occupational Health or Work Comp visit happen in another location with another provider who may or may not discover additional issues let alone connect them back to resources for further care.

Marathon Health's unique care model also gives clinicians the time they need to build these relationships. They slow down the care process, allowing the clinician to take the time necessary to treat the whole person, not just a list of symptoms. Whether seeing someone for a sore throat, seasonal allergies, Occupational Health or Work Comp visit, all aspects of life – physical, emotional, financial security, overall stability – come together to influence health habits and lifestyles. The Marathon Health provider will listen and guide and support members with a personalized care plan that will convert small steps into large results in their overall health.

## Integrating Occ. Health, Work Comp. & Acute Care

### Strategies for Driving Engagement & Outcomes

- Targeted outreach for first responders and other employee groups.
- Build relationships that support integrated care across all services.
- Alignment & Coordination with Occupational Health, EAP, Peer Support and other programming.
- Reporting / Monitoring engagement by member category.
- Annual Client Forum / Best Practice Sharing



Sharing Best Practices: Public Sector  
Session at Marathon Health Client Forum